

**Table S1:** Factor loadings of dietary patterns\*

Variable	Traditional	Modern
Wheat	<b>-0.728</b>	0.068
Rice	<b>0.711</b>	<b>-0.387</b>
Pork	<b>0.475</b>	<b>0.217</b>
Whole grain	<b>-0.462</b>	-0.042
Fish	<b>0.418</b>	0.183
Poultry	<b>0.301</b>	<b>0.205</b>
Dry tofu	<b>0.292</b>	0.031
Fresh vegetable	<b>0.243</b>	-0.195
Beef	<b>0.237</b>	0.161
Offal	<b>0.229</b>	0.035
Tubers	-0.183	-0.113
Spirit	0.123	0.110
Bean thread noodle	-0.092	0.064
Tofu	-0.057	0.055
Wine	0.018	0.018
Fruit	0.080	<b>0.442</b>
Soymilk	-0.077	<b>0.420</b>
Eggs	-0.031	<b>0.418</b>
Deep-fried products	<b>-0.204</b>	<b>0.408</b>
Milk	0.047	<b>0.399</b>
Fast food	-0.023	<b>0.384</b>
Cake	-0.015	<b>0.304</b>
Fungus	0.152	<b>0.283</b>
Beer	0.087	<b>0.236</b>
Nuts	0.096	<b>0.229</b>
Shrimp	0.120	<b>0.228</b>
Salted vegetable	0.078	<b>-0.208</b>
Lamb	0.003	0.199
Yoghurt	0.037	0.151
Others	0.027	0.116
Beverage	0.038	0.109
Sugar	0.026	0.103
Legume	-0.017	-0.102
Milk powder	0.016	0.056
Fresh bean	0.008	0.032

\**bold: Factor loadings of  $>|0.20|$  represent the foods which most strongly related to the identified factor.*

**Table S2a:** Selection process for the trajectory groups of traditional dietary patterns

Number of groups	Trajectory shapes (orders)	BIC	Proportion of groups (%)			
			Group 1	Group 2	Group 3	Group 4
1	1	-73111.49	100			
2	1 1	-57992.11	33.3	66.7		
3	1 1 1	-55529.93	18.7	26.9	54.4	
4	1 1 1 1	-54493.09	14.8	21.5	41.3	22.4
<b>4 *</b>	<b>2 1 1 1</b>	<b>-54450.03</b>	<b>15.0</b>	<b>22.3</b>	<b>21.3</b>	<b>41.4</b>
4	3 1 1 1	-54455.52	15.0	22.3	21.3	41.4
3	1 1 2	-55528.24	18.7	26.8	54.5	
3	1 2 1	-55535.38	18.7	26.9	54.4	
3	1 2 2	-55533.29	18.7	26.8	54.5	
3	2 1 1	-55482.41	19.0	26.8	54.2	
3	2 1 2	-55480.79	18.9	26.8	54.3	
3	2 2 1	-55487.73	18.9	26.8	54.3	
3	2 2 2	-55485.91	18.9	54.4	26.7	

Trajectory shapes: 1 = linear; 2 = quadratic; c = cubic

BIC: Bayesian information criterion

\*Final trajectory used in the study

**Table S2b:** Selection process for the trajectory groups of modern dietary patterns

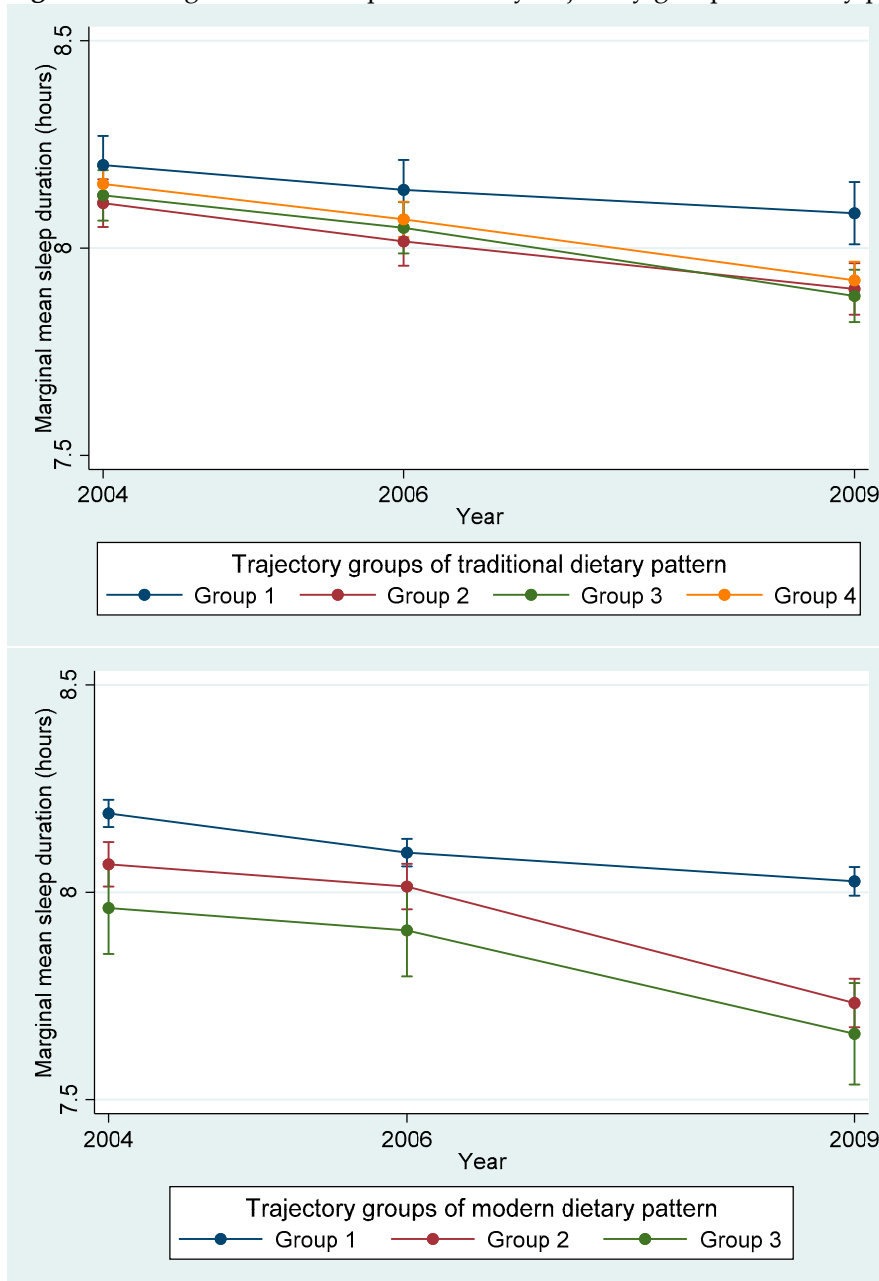
Number of groups	Trajectory shapes (orders)	BIC	Proportion of groups (%)			
			Group 1	Group 2	Group 3	Group 4
1	1	-70456.33	100			
2	1 1	-63834.43	79.1	20.9		
3	1 1 1	-62516.73	68.2	25.3	6.5	
4	1 1 1 1	-62099.65	25.6	2.1	64.8	7.6
3	1 1 2	-62483.09	68.1	25.2	6.7	
3	1 1 3	-62488.70	68.1	25.2	6.7	
3	1 2 1	-62435.30	67.8	25.6	6.5	
3	1 2 2	-62433.11	67.8	25.6	6.6	
<b>3 *</b>	<b>1 2 3</b>	<b>-62430.78</b>	<b>67.7</b>	<b>25.7</b>	<b>6.6</b>	
3	2 1 1	-62435.30	25.6	67.8	6.5	
3	2 1 2	-62433.11	25.6	67.8	6.6	
3	2 2 1	-62438.69	25.6	67.9	6.5	
3	2 2 2	-62435.71	67.8	25.6	6.6	

Trajectory shapes: 1 = linear; 2 = quadratic; 3= cubic

BIC: Bayesian information criterion

\*Final trajectory used in the study

**Figure S1: Marginal mean sleep duration by trajectory groups of dietary patterns\***

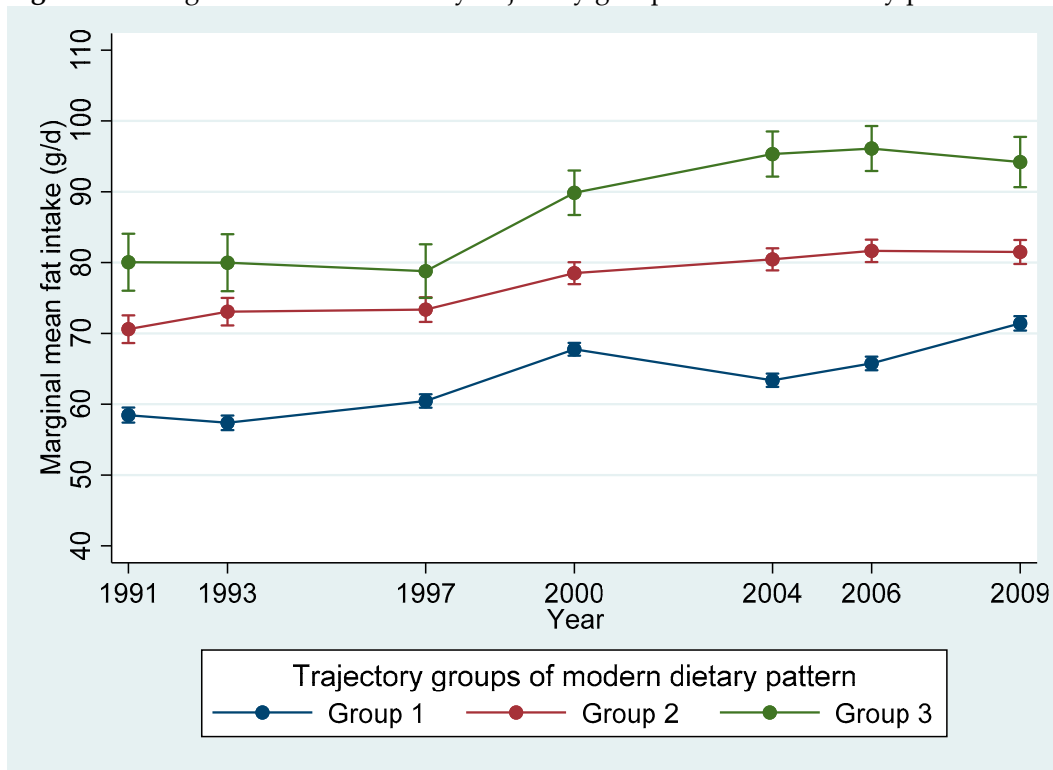


\*Values are adjusted for age and gender using mixed command in Stata. *marginsplot* command was used to generate the figure.

*Trajectory of traditional dietary patterns: Group 1 (Low and rapid increase), Group 2 (Medium and slow increase), Group 3 (High and stable), Group 4 (High and slow decrease).*

*Trajectory of modern dietary patterns: Group 1 (Low and slow increase), Group 2 (Medium and moderate increase), Group 3 (High and rapid increase).*

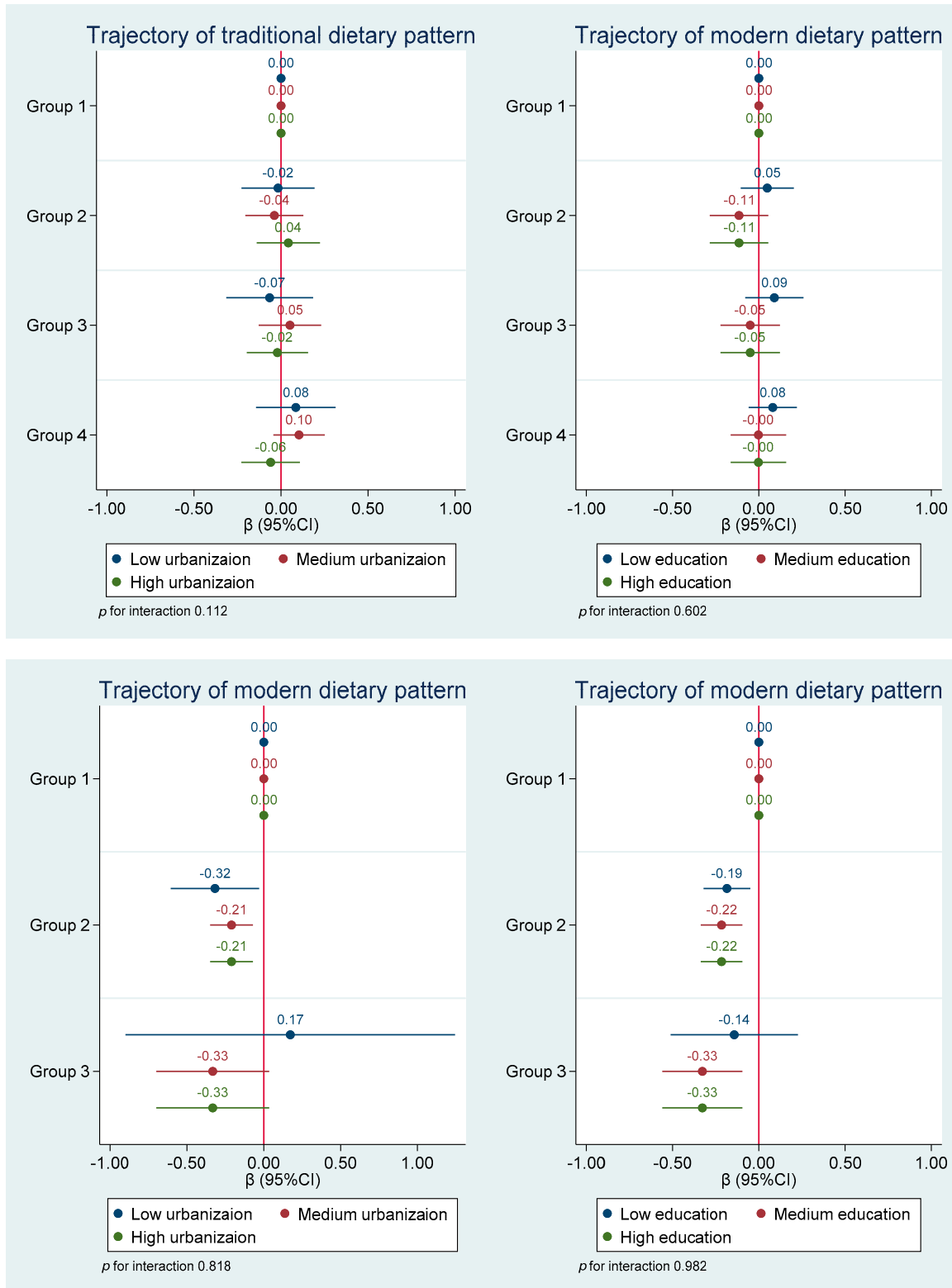
**Figure S2:** Marginal mean fat intake by trajectory groups of modern dietary pattern\*



\*Values are adjusted for age and gender using mixed command in Stata. marginsplot command was used to generate the figure.

Trajectory of modern dietary patterns: Group 1 (Low and slow increase), Group 2 (Medium and moderate increase), Group 3 (High and rapid increase).

**Figure S3** Association between trajectory of dietary patterns (between 1991 and 2009) and sleep duration in 2009 by urbanization and education levels

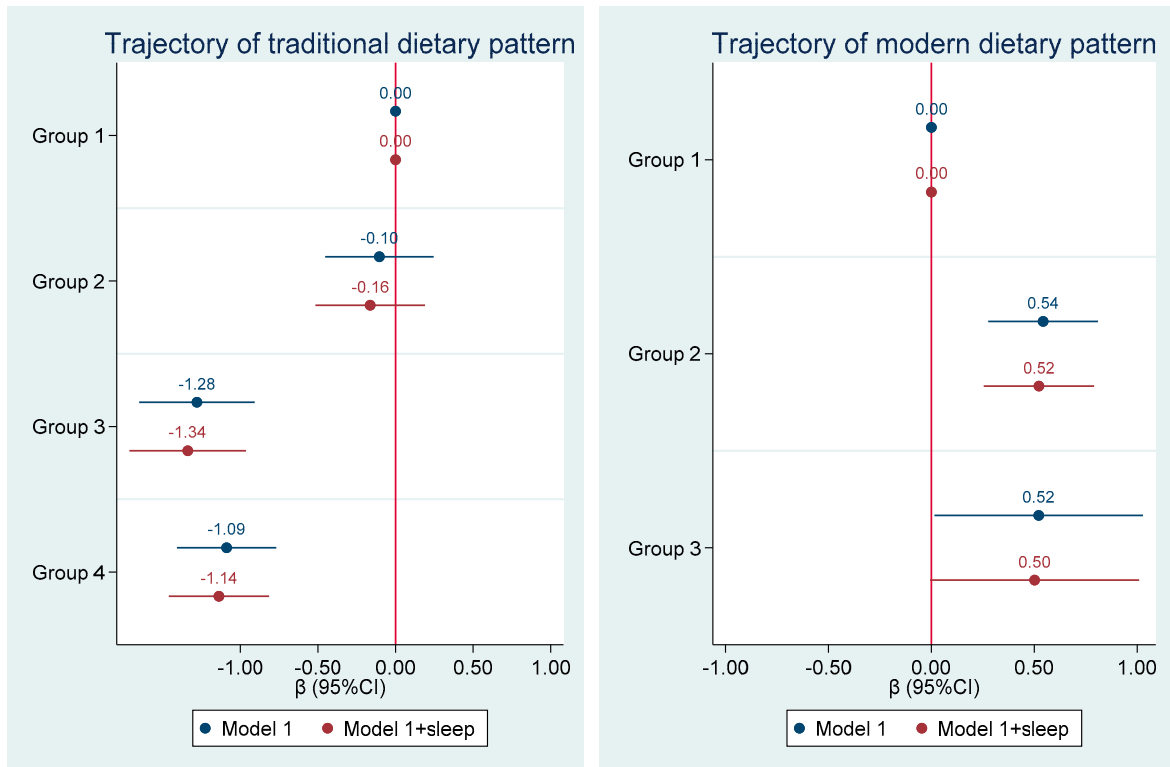


\*Model adjusted for age, sex, education, income, urbanization, smoking, alcohol drinking and physical activity and hypertension. Stratification variables were not adjusted in the corresponding models.

Trajectory of modern dietary patterns: Group 1 (Low and slow increase), Group 2(Medium and moderate increase), Group 3 (High and rapid increase).

Trajectory of modern dietary patterns: Group 1 (Low and slow increase), Group 2(Medium and moderate increase), Group 3 (High and rapid increase).

**Figure S4.** Association between trajectory of dietary patterns (between 1991 and 2009) and BMI in 2009 among non-smokers\*



\*Model 1 adjusted for age, sex, education, income, urbanization, smoking, alcohol drinking and physical activity and hypertension.

Trajectory of traditional dietary patterns: Group 1 (Low and rapid increase), Group 2 (Medium and slow increase), Group 3 (High and stable), Group 4 (High and slow decrease).

Trajectory of modern dietary patterns: Group 1 (Low and slow increase), Group 2(Medium and moderate increase), Group 3 (High and rapid increase).